

### ABSTRACT OF THE DISCLOSURE

A sports vision training device is formed from a piece of material having a thickness sufficient to interfere with an individual's ability to look down at a sporting object. The piece of material has an adhesive coating or layer for positioning the material on an individual's cheek, preferably beneath an individual's eye, so that the piece of material interferes with the individual's ability to look down at the sporting object. The sports vision training device has a thickness sufficient to direct the individual's vision toward the field of play and up and toward at least one player on the field of play, and in some cases permitting intermittent and/or momentary glances at the sports object being controlled by the individual.